

Appendix C: Legacy Gold Medal Mile Program

Legacy Gold Medal Miles are one-mile walks designed to encourage Utahns to become more physically active. Over 40 Gold Medal Mile Legacy Sites have been established throughout Utah. The aim of these sites is to establish the legacy of the 2002 Winter Olympic Games, as well as to provide safe, comfortable, and interesting trails for Utahns to enjoy. They are an integral part of the “A Healthier You 2002 Legacy Awards Program.” Maps and locations of these trails can be found on the UtahWalks web site (<http://www.utahwalks.org/gmm/gmmselect.php>) and in the “Gold Medal Miles: Continuing the Spirit” booklet, prepared by the Utah Alliance for Cardiovascular Health in Utah (http://www.hearthighway.org/cvd/Alliance/alliance_in_utah.htm).

A Healthier You 2002™, Utah’s Health Legacy was an initiative between the Salt Lake Organizing Committee for the Olympic Winter Games of 2002 (SLOC) and 18 health organizations located in

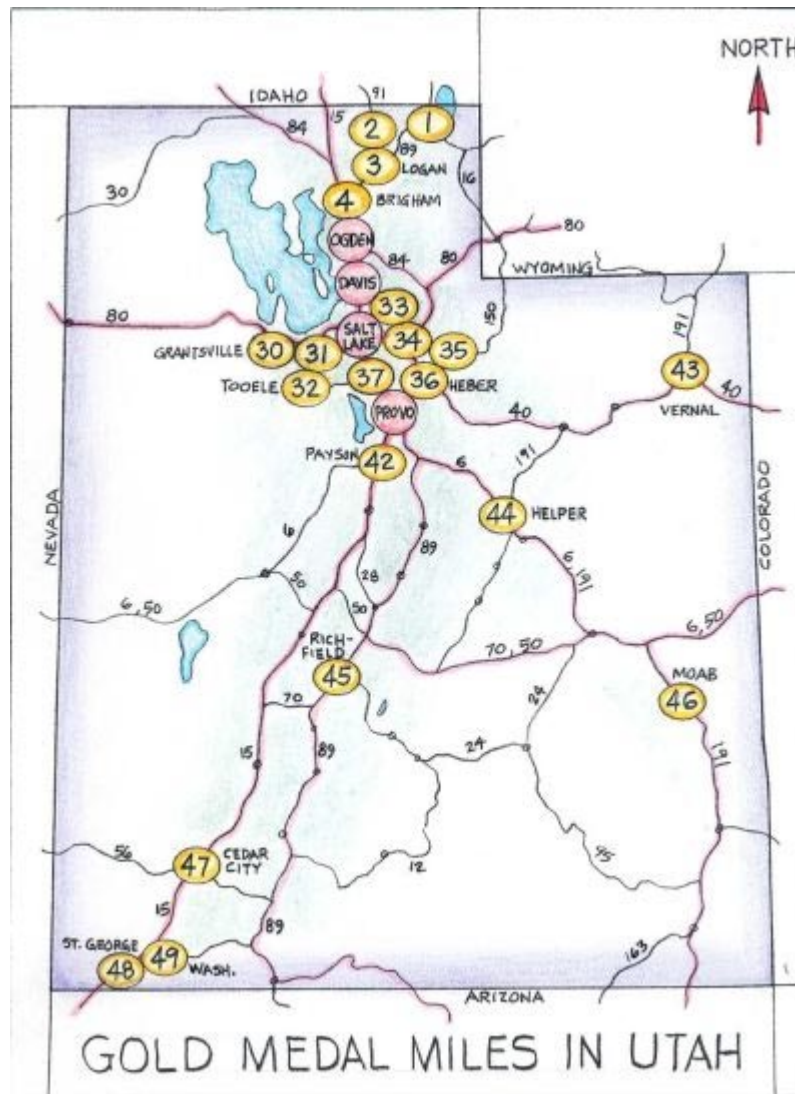
Utah. The initiative employed a legacy of health and fitness to improve and motivate Utahns to trade in unhealthy lifestyles and embrace a life of health and wellness. The objective of this program was to maximize the health of all Utahns through the spirit of the 2002 Olympic Games. This spirit continues through the “A Healthier You 2002 Legacy Awards Program.”

The initiative hopes to improve the health of our citizens by providing information, opportunities for participation, and motivational incentives to begin and maintain healthy behaviors.

A map identifying the locations of the gold medal mile trails is included on page 56. Currently there are 49 gold medal mile trails but more are being added. Please refer to the UtahWalks website (<http://www.utahwalks.org/gmm/gmmselect.php>) for the most current list of locations.

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- 01 Garden City, BLM Trail
- 02 Smithfield, Mack Park
- 03 Logan, Logan R Trail
- 04 Brigham City, Rees Park
- 05 Ogden, Union Station
- 06 Ogden, Learning Park
- 07 Ogden, Weber State
- 08 Ogden, McKay
- 09 Ogden, Newgate Mall
- 10 Riverdale, City Park
- 11 Clinton, Powerline Park
- 12 Clearfield, Steed Park
- 13 Layton, Ellison Park
- 14 Kaysville, E M W Park
- 15 Centerville, Comm
Park
- 16 SLC, Cannon Bldg
- 17 SLC, Gallivan Center
- 18 SLC, U of U West
- 19 SLC, U of U East
- 20 SLC, Liberty Park
- 21 SLC, JRP, Workman
Park
- 22 WVC, Fitness Center
- 23 WVC, Valley Fair Mall
- 24 Holladay, Civic Plaza
- 25 Kearns, Oquirrh Park
- 26 Murray, JRP, Win-
chester
- 27 W Jordan, JRP, 7800 S
- 28 Midvale, JRP, 7800 S
- 29 Sandy, Lone Peak Park
- 30 Grantsville, High
School
- 31 Toole, Smelter Road
- 32 Toole, Settlement Cyn
- 33 Snyderdville, UT Olympic Park
- 34 Park City, Farm Trail
- 35 Jordanelle, Rock Cliff
- 36 Heber, Midway Lane
- 37 Lindon, Timp Lake Trail
- 38 Provo, Riverview Park
- 39 Provo, Carterville
- 40 Provo, Rock Canyon
- 41 Provo, BYU Campus



- 42 Payson, Dry Creek Park
- 43 Vernal, Legacy Park
- 44 Helper, Price R Parkway
- 45 Richfield, Swim Pool
- 46 Moab, Mill Cr Parkway
- 47 Cedar City, Coal Creek
- 48 St. George, Virgin R
- 49 Washington City

Appendix D: Gold Medal Schools Program

Vision:

A tradition of health in Utah schools.

Mission:

“Create opportunities for students to:

- Eat healthy
- Be active
- Stay tobacco free”

The Gold Medal School (GMS) program makes it possible to provide opportunities for physical activity and healthy nutrition choices in elementary schools at a time when budget cuts and testing requirements overshadow physical activity and nutrition.

The Utah Department of Health developed the GMS program in 2001 using the State Office of Education’s core curriculum and the Centers for Disease Control’s guidelines to address overweight and obesity in elementary schools. Today, it is the most successful program for physical activity and nutrition in the state, reaching 75,741 kids in 160 schools!

Why do schools participate?

- Healthy schools make healthy learners. Studies clearly demonstrate that students who are physically active and have good nutrition achieve higher test scores.
- Gold Medal Schools emphasize changes to physical activity, nutrition, and tobacco policies in order to create a healthier school environment. Gold Medal Schools will not change curriculum.

- The initiative will make lasting changes without putting high demands on teachers.
- Schools receive money for nutrition resources, P.E. equipment, and tobacco prevention.
- Students at Gold Medal Schools enjoy walking, a tobacco-free school environment, Safe and Active Routes to Schools, healthier faculty and staff, and much more.

How the Gold Medal School

Program Works

By signing up to be a Gold Medal School, you will have happier, healthier, and smarter students, faculty, and parents. The path to becoming a Gold Medal School is divided into three categories: Bronze, Silver, and Gold. A University student majoring in health nutrition, physical education, or elementary education will be assigned to each school as a personal mentor. The mentor will help the school meet the criteria to achieve each level.

Examples of criteria include:

- School develops a policy for full implementation of the State Office of Education’s physical education core curriculum, including 90 minutes of structured physical activity each week.
- School establishes a Gold Medal Mile walking program on or around school grounds and sets a goal for each student to walk at least one mile each week.
- School develops a policy for all teachers and staff that food is not to be used as a reward nor as a punishment.